# *Dealing with Anxiety Before and After Your Exam Results*

One term that instils fear and anxiety in students of every age is "exam." And more than that, "exam results." Whether it is a five-year-old waiting for his or her first report card or a postgraduate waiting for his or her final marks, everyone experiences a combination of stress, anxiety, and sometimes even desperation. This pressure is not just for the struggling ones, even the best students experience it. Each year, with increasing competition and mounting expectations, the burden of performance levels becomes more depressing.

Understandably, you worry during waiting periods for results or after viewing them. But once worry begins affecting the way you go about daily activities such as sleep, and appetite, you can't feel normal enough to be able to engage in the stuff you like. You need to find a solution or seek assistance. You have the assistance of teachers, parents, professional therapists and people around you through this hard experience.

**How Parents Can Help**

Parents are the initial support system for their children. Parents should provide a platform where their child feels comfortable discussing their feelings without judgment. Let your child know that their worth is not defined by grades. Encourage them regardless of what their outcomes are. Ensure they eat well, sleep well, and spend less time on screens that could add to stress.

Watch out for telltale signs such as sleeplessness, loss of appetite, headache, abdominal pain, mood swings, or withdrawal from routine activities. These could be symptoms of emotional stress. Early detection can avoid larger issues in the future. If necessary, do not hesitate to contact the ***Best Psychology Counseling in Kochi*** to avail professional guidance for your child.

**How Teachers Can Help**

Instructors can make a huge difference as well. If they spend more time emphasizing learning and less on grades, they can take some of the stress off students.

**What Students Can Do for Themselves**

If you're getting anxious before or after your exam results, just remember you're not alone. Talk to someone you trust: a parent, a teacher, a friend or a therapist. Sharing your fears can make you feel lighter. If the anxiety is too much to bear, think of consulting a professional. Today, more and more students are approaching *Top* ***Online Counseling Services in Kochi,*** where you can get advice and assistance right from home.

Stay active. Walk, do some yoga, get your body moving and your mind will settle. Drink lots of water, consume healthy meals, and don't compare your results to others. Each person's path is different so are your results. Be with people who accept you and keep yourself busy enjoying activities you cherish.

**A Reminder to Students**

It's understandable to feel disappointed, anxious, or sad. But don't let the feelings get the best of you or distract you from who you are. Exams are only a tiny fraction of your life, not the entire story. If ever you feel like the pressure or blues are getting too much, please seek help. ***Online Counseling and Therapy Services in Kerala*** are here to provide you with the support, guidance, and tools you need to feel stronger and more at peace.

In Conclusion

Exams and results are just milestones not the end of the road. Feeling anxious is normal, but with the support of family, teachers, friends, and professionals, it doesn't have to control your life. Always remember: your worth is far greater than any number on a sheet of paper. And if it ever feels too heavy to carry alone, always ask for help, asking for help is not a weakness it's a sign that you are taking steps to take care of yourself!